

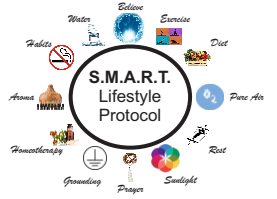


Coconut Oil Mint Chocolate

Prep Time
10 mins

Freezing
2 hr

Total Time
2 hr 10 mins



Course: Sweet

Cuisine: Vegan

Keyword: Chocolate

Servings: 30 Servings

Ingredients

- 1 cup Coconut Oil
- 1 cup Carob Powder
- 1 cup Tahini
- 30 Drops Peppermint Essential Oil
- 30 Droppers Good Nite Supplement

Instructions

1. Add coconut oil and carob powder into a mixing bowl.
2. Slowly mix it together until smooth.
3. Add the Tahini and mix in well.
4. Add the Peppermint essential oil and the Good Nite supplement.
5. Mix well.
6. Pour into a silicone 30-cube ice tray or baking tray with parchment paper.
7. Freeze for at least 2 hour.
8. Cut into 30 pieces or pop out the chocolate cubes.
9. Put in a freezer safe container and keep it frozen.
10. Take one every evening at bed time.

